



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: The Rhythm Train

Grade Level: K-2

Equipment

- Drum or music with strong beat

Skill Themes

- Traveling

Movement Concepts

- Effort (time)
- Spatial Awareness (location, pathways)
- Relationships (with people)

Organization:

- Students are in file lines of 4-6. Students should stand with their hand on the shoulder of the person in front of them.

Description

- The front student is the train engine, the middle ones are passenger cars, and the last is the caboose.
- On beat, engines lead the trains anywhere in the activity area at a walking pace, matching the beat set by music or drum.
- On signal "woo, woo" (like a training whistle) the caboose lets go and runs to the front to become the new engine. The train should not stop to wait while the new engine moves to the front.

Teaching Suggestions

- Play music during the challenge time to motivate the students.
- Allow a short time for students to rest and share scores between challenges.
- Remind students to keep track of their previous scores so they can note their improvement.

Now Try This

- Provide the same challenges turning the rope backward.
- Select more difficult jumps as the students become more skilled.



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